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PLEASE NOTE

This is your last
printed version.
Starting January
2014 we will be
sending e-newsletters

National Websites:

Alcoholics Anonymous (AA)
www.aa.org or
www.alcoholicsanonymous.org

Narcotics Anonymous (NA)
www.na.org

Cocaine Anonymous (CA)
www.ca.org

For Family & Friends:
Al-Anon & Alateen:
www.OregonAl-Anon.org

Adult Children of
Alcoholics (ACA)
www.adultchildren.org

Serenity Lane...
1-800-543-9905
www.serenitylane.org



Stepping Together

Serenity Lane's Alumni Newsletter Winter 2013

Saving lives and helping put families back together since 1973

Overcoming Feelings of Dread During the Holidays

You can't wait to see cousin Joey...or can you? Here's some tips to make this year something you can deal with.
by Scott Haltzman, M.D.

Why do we feel dread in getting together with family during the holiday season?

Holidays tend to conjure up images of elaborate place settings, snow dusted rooftops and togetherness. Yet, many people do not feel warmed by the anticipation of the winter holidays. In fact, they feel downright panic stricken.

One of the reasons that people feel so stressed about getting together during the holidays is because expectations are so incredibly high. Truth be told, when everyone goes home for the holidays, rarely is it a perfect, made-for-TV event.

People have hopes that holiday get-togethers will generate a kind of "It's a Wonderful Life" closeness that may be missing at other parts of the year. The reality is that in many families chronic clashes plague parents, children, siblings, cousins, aunts and uncles for generations. And that's even before we consider the in-laws!

There's nothing wrong with conflict; it's one of the ways in which we learn to master our emotions and, over time, form better ways of relating to others. But stress levels rise as we plan for Thanksgiving and the winter holidays because of the heartfelt desire to have a conflict free experience. Ironically, the strong desire to have things go just right often results in things even going worse. That's because the expectation of potential conflict results in body language and behavior that just tends to get everyone else even more upset.

Taking the right approach to family reunions won't guarantee a warm and fuzzy night of holiday cheer, but it could lead to a more comfortable evening for everyone. Here's how to start:

- Keep expectations real. Don't expect a Hollywood moment when you walk in the door. If every holiday your parents tell you that your hair looks awful, you can be sure that it'll happen again. If you expect something different, then you set yourself up for disappointment.
- Take care of business before the clan meets. If you are frustrated with your brother for forgetting your birthday, try to work it out with him beforehand so you don't go into the holiday holding a grudge.
- Kill 'em with kindness. One of the most powerful ways that you can minimize conflict is to genuinely project a sense of warmth and openness. When your uncle confronts you with your shortcomings. Thank him or her for their observation and concern, and move on.

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Newsletter Team:

Shely Rahimi: Editor

Angie Delaplain: Graphic Designer

Mary Daniels: Director

PLEASE NOTE:

For some time now we have been gathering email addresses with the intent of discontinuing the printed version of our newsletter. That time has come.

Starting January 2014 we will be sending e-newsletters instead of this printed version.

In order for you to stay in touch with Serenity Lane and other alumni please send your email address to: alumni@serenitylane.org

You will be able to opt-out any time if you choose, but we hope you will find the content useful and interesting to your ongoing recovery.

LETTER FROM THE EDITOR & ALUMNI COORDINATOR

“Simplicity is the key to successful living.”

Season’s Greetings Alumni!

The holiday season is once again upon us, and along with the joy and fellowship comes stress and anxiety. Often, during this time of year, we over-commit and put too much pressure on ourselves to live up to unrealistic expectations. With all the decorating, cooking, entertaining and shopping, remember – the true meaning of the holidays is love and kindness (for yourself and others).

The holidays are supposed to be fun. Relaxing and spending quality time with family and friends is more valuable than a new gadget or toy. So instead of frantically hunting for the perfect gifts, share meaningful experiences with your loved ones. Take time to reconnect with an old friend over coffee or take a neighborhood stroll with your family to check out the holiday decorations.

As the events and obligations pile up, I encourage you to create a little breathing room in your schedule to practice self-care. Maintaining a to do list will not only help you stay organized in the busy holiday season, but it can also help you incorporate self-care activities into your daily routine. Somewhere between grocery shopping and washing the dishes, leave room to write in “meditate” or “take a hot bath” or anything that gives you the opportunity to recharge your batteries and enrich your spirit.

If you feel overwhelmed, lean on your 12 Step network by going to meetings or calling your sponsor. And don’t be afraid to ask for help. You don’t have to bear the holiday burdens alone. Either delegate tasks to lighten the load or turn your chores into group projects that your family can work on together.

In the hectic period from Thanksgiving to New Year’s Day, remember to keep it simple: prioritize what is most important and don’t forget to celebrate!

Happy Holidays!

Shely Rahimi, Alumni Coordinator



Happenings



As we move forward into fall and the seasonal changes begin, so too are we experiencing changes here at Serenity Lane.

Mike Dyer, CPA, a past board member who has served most recently as Vice-President of Finance and Administration, is now our

President and Chief Executive Officer. He takes the reins from Peter Asmuth, who has retired but is working on special projects.

Mike joined Serenity Lane’s staff in 2010. Before that, he served on the board of directors for 15 years. He is a licensed CPA and brings a wealth of experience to his new position.

After receiving his degree from the University of Oregon in accounting in 1976, he has spent 35 years as a number cruncher for Eugene-area businesses. “It’s never boring,” Mike says. “I’ve worked in a number of different industries, from being corporate controller at International King’s Table to CFO at Eugene Sand & Gravel.” He was also corporate controller for Obie Media and worked for Coopers & Lybrand. He was Emerald People’s Utility District’s first controller.

Mike was born in California and, except for high school in Salem and military service, has lived in Eugene all of his life.

His wife, Marianne, is enjoying retirement after a career in human resources. Mike’s stepchildren are grown and live in Seattle and Eugene. He and Marianne have two cats – Lenny, who is fat and lazy; and Luci, who was rescued from the pound and thanks Mike by bringing him lots of mice.

Mike is a huge U of O sports fan. As a childhood member of the “Knothole Gang,” he got into games for 25 cents! He remembers watching football at Hayward Field and games at Autzen Stadium back when no one wanted seats. In fact, his former parking spot is now home plate in the new baseball stadium! He enjoys UO football, basketball and softball – “Anything but soccer” – and tries to find time for golf and hanging out with friends.

There is nothing permanent except change..... *Heraclitus*



In mid-September **Dustin Stapleton**, CPA, joined the staff as our new Chief Financial Officer.

Dustin was with Moss Adams LLP’s Eugene office for more than 14 years. Most recently, he has been a senior manager working with contractors, which will be helpful as we move forward on building the Coburg campus. He is a graduate of North Eugene High School and the University of Oregon. He got his start in accounting at the U of O Bookstore and has served on numerous professional committees.

A Eugene native, Dustin was nicknamed “Spider” when he was a tall, skinny kid. He and his wife, Christie, met when they lived in the same apartment complex. Dustin’s mom did a nice bit of match-making when she gave him Christie’s phone number. The family expanded earlier this year with the birth of daughter, Kaylee. As time goes on we look forward to learning more about Dustin, meanwhile we know his favorite movie is “Gladiator” and in his spare time he likes golfing and camping – but be sure to ask him about playing Frisbee Golf in college.



Another exciting change occurred on October 1st, when **Larry Bradley** joined our staff as Vice-President of Development. As a graduate of our program and long-time board member, Larry was named Board President 2 years ago. In addition Larry has served on the Foundation’s board since it was organized and chaired the Marketing Committee for many years.

Larry has also been a regular speaker for the inpatient program and all around advocate of our programs. Larry has a background in sales and entrepreneurship and is very excited to now be a staff member. For the past several years Larry has been building his chocolate empire, inventing new products to the line of handmade confection, opening a second Chocolate Decadence retail outlet in Eugene and growing the business exponentially.

Larry has some ambitious goals around fund raising for Serenity Lane, and his energy and commitment are all encompassing. Consequently he has put Chocolate Decadence in the hands of a broker, so if you know of anyone who’d like to buy a real sweet business, just give Larry a call. His office is located at Centennial and his direct line is 541 284 8609.

Congratulations Mike, and welcome Dustin and Larry!



SL Annual Alumni, Staff & Family BBQ



Serenity Lane's 1st Annual Run For Recovery is Huge Success!

If you weren't in attendance for our first ever "Run for Recovery" or the annual Alumni BBQ then you missed a really good time.

118 runners/walkers graced the pavement at Alton Baker Park on our 5K/3K circuit and the weather couldn't have been better. We had medals and awards for the first three leaders in each age category, and orange juice and home baked granola bars at the finish. The energy was electric and for our first ever such event, we were thrilled with the turnout. Next year we will open it up to the community and have it on a different day than our barbecue. We had wonderful volunteers and we thank you all most heartily.

As for our annual barbecue, food for 225 went quickly. And some great raffle prizes were given away by our new CEO Mike Dyer.

The photo's really tell the story best....



UPDATE: Serenity Lane's Addiction Counselor Training Program

When Serenity Lane was founded in 1973, resources for those suffering from addiction were limited, and as pioneers in the field of chemical dependency, there was an initial shortage of qualified clinicians to meet our growing demand. Paving the way for addiction treatment in our region, Serenity Lane was the first treatment center in the state of Oregon to develop a counselor training program, providing intense, hands-on instruction in our proven treatment methodology in order to meet the organization's needs for long-term expansion.

Over 20 years ago, Serenity Lane's Addiction Counselor Training Program (ACTP) was developed under the advisement of founder Dr. Thomas Kerns and the Board of Directors. Similar to a medical residency, trainees participate in four three-month rotations, gaining exposure to a variety of treatment settings and counseling styles. Through didactic study and practicum experience, students refine complex counseling skills under the supervision of a mentor. At the end of the program, graduates have accumulated over 1900 hours of practical experience and more than 170 hours of classroom training, preparing them for the CADC I exam in Oregon, which certifies entry level alcohol and drug counselors.



Lloyd Walker, MA, CADC III has served as counselor training coordinator for nine years. In early recovery, Lloyd met Joe Steiner, the former counselor trainer, and Joe suggested that Lloyd join the training program when he was ready for a career change in 1987. "The program was life-changing for me," Lloyd said, pushing him to continue to grow in his own recovery, while assisting others through the difficult journey. Almost two decades later, Lloyd would end up running the program. As a former college professor with a master's degree and 26 years of experience in the chemical dependency field, this position combines Lloyd's love of teaching with his passion for counseling.

Lloyd is responsible for evaluating applicants, monitoring their completion and recommending them for positions at Serenity Lane. A five-person panel interviews each candidate, and the group must reach a consensus for an applicant to be accepted into the program. He receives applications from candidates with a wide range of backgrounds: some have only high school educations, while others may have a PhD in psychology, but the majority have a personal connection to chemical dependency that drives them into this field. In the interview process, Lloyd is looking for empathic, nonjudgmental people who can listen well and are dedicated to a life of service.

Many of our students are former patients at Serenity Lane who were inspired to carry out the organization's mission by becoming certified alcohol and drug counselors. Serenity Lane's first trainee, Jim Creasey, started as a patient and became one of the most memorable and paramount figures on our counseling staff. Since then, hundreds more have followed in his footsteps.

Recent graduate Kevin Hoepfer started the counselor training program in September 2012 at the suggestion of a classmate at Southern Oregon University. Inspired by his own family's struggles with chemical dependency, Kevin earned his degree in psychology and criminology with the intention of working with addiction and criminal justice populations. Although his education was an important introduction to the field, it did not compare to the effectiveness of the hands-on approach of our training program. Shadowing a wide variety of counselors in our residential programs, Kevin cultivated his individual style by studying the philosophy and behavior of seasoned veterans.

Kevin was hired in May and became a full-time employee in August, working as an outpatient counselor in Salem and Eugene, and he has never had a job that was so emotionally challenging and personally rewarding. To navigate this

stressful new career, the training program holds a weekly process group, in which Lloyd plays the role of both supervisor and counselor. The exercise was extremely beneficial to Kevin and served as his introduction to the group process dynamic through a patient's perspective. His advice to those in the program is "Don't be afraid to make mistakes. Take advantage of every opportunity to learn."

As a NAADAC approved educational provider, Serenity Lane's Addiction Counselor Training Program consistently delivers top quality, tuition-free instruction. Our graduates have gone on to receive national recognition and build prominent careers in treatment programs throughout the nation, but the majority of students become part of the staff right here at Serenity Lane. By offering this valuable program, we continue to build a strong foundation to support our mission for generations to come. ■



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- See the good in everyone. That's what the holiday spirit is all about, after all. Each of the members of your family is trying to do good the way he or she knows how. If you keep that in mind, you'll be more sympathetic to the stupid things your family members say and do.

Getting together for the holidays with your family can be stressful. But if you maintain realistic expectations and have a forgiving attitude, you won't dread it as much. In fact, it may be something that you look forward to next year ■

Scott Haltzman, M.D., is board certified by the American Board of Psychiatry and Neurology and is a Distinguished Fellow of the American Psychiatric Association. He is a graduate of Brown University and received his medical degree from the Warren Alpert Medical School at Brown University.



He completed his psychiatric training and chief residency at Yale University, and then practiced psychiatry as part of the Brown University faculty for more than 20 years.

He currently resides in Naples, Florida, where he practices psychiatry at The David Lawrence Center, and continues to provide marriage education work with individuals and groups.

Find more from Dr. Haltzman at www.DrScott.com



SERENITY LANE HEALTH SERVICES

Second Annual Community Service Awards Breakfast



The awards breakfast recognizes those individuals who have excelled in their field of work to help those suffering from the disease of addiction. These individuals have also made a difference in the areas of education, awareness and/or treatment:



Addiction Professional Award Linda Hill

Linda Hill has worked for Lane County Methadone Treatment Program for the past 25 years. She is currently Lead Counselor there, which puts her in a position of assuming additional responsibilities, over and above that of the traditional counseling position. This is what Linda does, however, whether in a "lead" position or not. Work in a Methadone Treatment Program takes a special person, one who is highly dedicated to A&D's most disenfranchised addicted population. She is a counselor with a high level of integrity and ethical standards. Aside from counseling with her patients in individual and group settings, she has been a longtime advocate in building bridges in the community.



Community Leadership Award Ron Chase

Ron Chase has been Executive Director of Sponsors since 1988 until his retirement in 2011. He has been a member of the Governor's Reentry Council since its inception, and he chairs the Lane County Reentry Task Force. He is a member of the Board of Trustees of Public Defender Services of Lane County, serves on the Board of Directors of Community Mediation Services of Eugene, and has been actively involved in issues affecting homeless people for over 20 years. Ron Chase has a BA from New York University and is a Vietnam veteran. The programming offered by Sponsors has been recognized as a model for reentry services; employing best practices and effective programs to serve its clients. In 1992, the Oregon Housing and Community Services Agency recognized Sponsors with its non-profit "Excellence in Community Services" award.



Legal Professional/Uniformed Service Award Officer Tom Speldrich

Officer Speldrich has been pursuing intoxicated drivers since 2006 and is currently the Springfield Police Department's DUII Enforcement Officer.

Officer Speldrich has arrested over 700 DUII drivers in his career and is one of the Department's three Drug Recognition Experts (DRE). DRE's are specifically trained in the identification of impaired drivers. Officer Speldrich volunteers as a presenter at the Victim Impact Panel speaking to offenders on a more personal level about the dangers of driving impaired and encourages them to seek help for their addictions.



He also speaks at local schools educating students about the dangers of impaired driving and the dangers of drug and alcohol abuse. This community interaction highlights Officer Speldrich's commitment to prevention and treatment knowing that this problem cannot be curtailed by enforcement alone.



Human Resources/EAP Award Pat Straube

Pat is part of the family owned Dari-Mart stores and has spent the majority of her career offering help and concern to her employees as the Human Resources representative. Over 20 years ago Pat spearheaded implementation of a drug-free workplace program throughout the Dari-Mart stores. In conjunction with the program, she also made sure that there were resources for help if an employee wanted it, and supported giving second chances when appropriate.

Pat puts her caring into action. She has been known to pick up a troubled employee at their home and personally drive them to a resource for help.

Pat is very active in the non-profit community where she serves on many boards and supports numerous charities. She is the consummate example of a caring employer and community leader in helping those who are affected by the disease of addiction.



Pat and Peter Asmuth



**Healthcare Professional Award:
Mick Kerrigan**

Michael (Mick) Kerrigan has been an R.N. for 35 years and is currently licensed in Oregon. He received his Bachelors of Science degree in Nursing from Humboldt State University where he graduated Magna Cum Laude. Mick has spent his nursing career in several facets of healthcare from nursing instructor – addiction recovery unit nurse manager – director of performance improvement and risk management – emergency room manager. Mick joined the McKenzie-Willamette Medical Center team in 2007 as the Emergency Department Director. Since his arrival, Mick has been named Nurse Manager of the Year twice for McKenzie-Willamette Medical Center.



**Community Youth Leadership Award
Alec Apparcel-Damon**

Alec is very involved in DUII prevention, along with his mother, Michelle. Alec has shared his experience at several different venues. He has given speeches at both Sheldon High School and Junction City High School and taught a drug reduction class on the dangers of driving impaired at the Junior Leadership School in Boise Idaho in 2010. He is a regular volunteer at the DUII Victims Impact Panel and has also aided first responders with DUII Crash related training. Alec is a member of the Emerald Empire League and has been since 2009. He is a member of the color guard and has participated in numerous celebrations to honor Veterans, memorial events and the Toys for Tots program. Alec has used his bilingual fluency to forward his message of the dangers related to drug and alcohol abuse. Both Alec and his mother Michelle have devoted their lives to DUII Substance Abuse prevention. They each selflessly offer their own accounts of how their lives were changed forever by a DUII driver.



Alec with his mother, Michelle



SERENITY LANE HEALTH SERVICES

Unsung Hero
AWARDS

The Serenity Lane Unsung Hero Award is also a part of the program. An *Unsung Hero* is someone who has given selflessly of themselves to enhance drug and alcohol addiction treatment, awareness, prevention or education, either at his/her place of employment or in the community. This award recognizes these individuals for their efforts in the ongoing battle against addiction to alcohol and drugs, either as a part of their job responsibilities or as a personal commitment.

Unsung Hero: **Scott Miller**
Organization: Emergence
Nominated by: Emergence Family

Unsung Hero: **John DeRoin**
Organization: Serenity Lane
Nominated by: George Spurny

Unsung Hero: **Jolanda Bell**
Organization: Willamette Family Treatment Services
Nominated by: Directors

Unsung Hero: **Sheyne Benedict**
Organization: Lane County Behavioral Health
Nominated by: Katharine Schneider

Unsung Hero: **Dwight Lee**
Organization: Serenity Lane
Nominated by: George Spurny

Unsung Hero: **Lin Wall**
Organization: Serenity Lane
Nominated by: Mitzi Burton

Unsung Hero: **Teresa Benson**
Organization: The Relief Nursery
Nominated by: Ray Brown

Unsung Hero: **Doug Moore**
Nominated by: Mark Baker

Unsung Hero: **Garvar Brummett**
Organization: Sponsors
Nominated by: Paul Solomon

Unsung Hero: **Bill Faught**
Organization: Willamette Family Treatment Services
Nominated by: Directors

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**There is nothing permanent
except change..... Heraclitus**